

CLAIMS

What is claimed and desired to be covered by Letters Patent is:

1. An exercise device for use in swimming comprising:
  - a) a belt unit adapted to be worn by a swimmer and which includes
    - (1) a hip-encircling element which is adapted to be located adjacent to the swimmer's pelvis when worn, the hip-encircling element including
      - (A) an inner surface,
      - (B) an outer surface,
      - (C) a first end,
      - (D) a second end,
      - (E) a first hook-and-loop material on the inner surface of the hip-encircling element adjacent to the first end of the hip-encircling element,
      - (F) a second hook-and-loop material on the outer surface of the hip-encircling element adjacent to the second end of the hip-encircling element and adapted to releasably couple to the first hook-and-loop material when the hip-

encircling element is in place on the swimmer, and

(G) a third hook-and-loop material on the outer surface of the hip-encircling element, the third hook-and-loop material extending from a first location spaced apart from the first end of the hip-encircling element to a second location spaced apart from the second end of the hip-encircling element, and

(2) two Y-shaped restraining strap elements adapted to be releasably coupled to the hip-encircling element when in use, the restraining strap elements being identical to each other, each restraining strap element including

(A) a proximal portion which includes two legs, each leg including  
(i) a proximal end  
(ii) a distal end,  
(iii) a first surface,  
(iv) a second surface, and  
(v) hook-and-loop material on the first surface and located adjacent to the

proximal end to be releasably coupled to the third hook-and-loop material on the hip-encircling element when the restraining strap element is in place,

(B) a distal portion which includes

(i) a proximal end,

(ii) a distal end, and

(iii) a C-shaped hook fixedly connected to the distal end of the distal portion of each restraining strap element, and

(C) an adjustment buckle connecting the

proximal end of the distal portion of each restraining strap element to the distal end of each leg of the proximal portion of each restraining strap element; and

b) an anchor unit adapted to be fixedly secured to a stationary element associated with a swimming pool when said anchor unit is in use, said anchor unit including

(1) an elongate anchor body having

(A) a first end,

- (B) a second end,
- (C) a first surface,
- (D) a second surface, and
- (E) the elongate body being formed of buoyant material,

(2) a first anchor body anchor ring rotatably and fixedly mounted on the first surface of the anchor body, the first anchor body anchor ring being located adjacent to the first end of the anchor body and having an arcuate shape and a diametric dimension, the first anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the first anchor body anchor ring, the first anchor body anchor ring being adapted to be coupled to a hook on an associated restraining strap element when said anchor unit is in use,

(3) a second anchor body anchor ring rotatably and fixedly mounted on the first surface of the anchor body, the second anchor body anchor ring being located adjacent to the second end of the anchor body and having an arcuate shape and a diametric dimension, the second

anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the second anchor body anchor ring, the second anchor body anchor ring being adapted to be coupled to a hook on an associated restraining strap element when said anchor unit is in use, and

- (4) a third anchor body anchor ring rotatably and fixedly mounted on the second surface of the anchor body, the third anchor body anchor ring being located between to the first end of the anchor body and the second end of the anchor body, the third anchor body anchor ring having an arcuate shape and a diametric dimension, the third anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the third anchor body anchor ring, the third anchor body anchor ring being adapted to be coupled to a stationary element associated with the swimming pool when said anchor unit is in use.

2. The exercise device as described in claim 1 wherein the stationary element includes a swimming pool ladder.
3. The exercise device as described in claim 1 further including a pocket on the outer surface of the hip-encircling element of said belt unit.
4. The exercise device as described in claim 3 further including a floatation element in said pocket.
5. The exercise device as described in claim 1 further including a timer mechanism on the elongate anchor body of said anchor unit.
6. The exercise device as described in claim 5 wherein said timer mechanism includes a circuit which generates and emits an audible signal.
7. The exercise device as described in claim 1 further including a radio on the anchor body of said anchor unit.

8. An exercise device for use in swimming comprising:
  - a) a belt unit adapted to be worn by a swimmer and which includes
    - (1) a hip-encircling element which is adapted to be located adjacent to the swimmer's pelvis when worn, the hip-encircling element including
      - (A) an inner surface,
      - (B) an outer surface,
      - (C) a first end,
      - (D) a second end,
      - (E) a first hook-and-loop material on the inner surface of the hip-encircling element adjacent to the first end of the hip-encircling element,
      - (F) a second hook-and-loop material on the outer surface of the hip-encircling element adjacent to the second end of the hip-encircling element and adapted to releasably couple to the first hook-and-loop material when the hip-encircling element is in place on the swimmer, and
      - (G) a third hook-and-loop material on the

outer surface of the hip-encircling element, the third hook-and-loop material extending from a first location spaced apart from the first end of the hip-encircling element to a second location spaced apart from the second end of the hip-encircling element, and

(2) two Y-shaped restraining strap elements adapted to be releasably coupled to the hip-encircling element when in use, the restraining strap elements being identical to each other, each restraining strap element including

(A) a proximal portion which includes two legs, each leg including

- (i) a proximal end
- (ii) a distal end,
- (iii) a first surface,
- (iv) a second surface, and
- (v) hook-and-loop material on the first surface and located adjacent to the proximal end to be releasably coupled to the third hook-and-loop material on the hip-encircling

element when the restraining strap element is in place,

- (B) a distal portion which includes
  - (i) a proximal end,
  - (ii) a distal end, and
  - (iii) a C-shaped hook fixedly connected to the distal end of the distal portion of each restraining strap element, and
- (C) an adjustment buckle connecting the proximal end of the distal portion of each restraining strap element to the distal end of each leg of the proximal portion of each restraining strap element; and

b) an anchor unit which includes

- (1) an elongate anchor body having
  - (A) a first end,
  - (B) a second end,
  - (C) a first surface,
  - (D) a second surface, and
  - (E) the elongate body being formed of buoyant material,
- (2) a first anchor body anchor ring rotatably and

fixedly mounted on the first surface of the anchor body, the first anchor body anchor ring being located adjacent to the first end of the anchor body and having an arcuate shape and a diametric dimension, the first anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the first anchor body anchor ring, the first anchor body anchor ring being adapted to be coupled to a hook on an associated restraining strap element when said anchor unit is in use,

- (3) a second anchor body anchor ring rotatably and fixedly mounted on the first surface of the anchor body, the second anchor body anchor ring being located adjacent to the second end of the anchor body and having an arcuate shape and a diametric dimension, the second anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the second anchor body anchor ring, the second anchor body anchor ring being adapted to be coupled to a hook on an associated restraining strap

element when said anchor unit is in use,

- (4) a third anchor body anchor ring rotatably and fixedly mounted on the second surface of the anchor body, the third anchor body anchor ring being located between to the first end of the anchor body and the second end of the anchor body, the third anchor body anchor ring having an arcuate shape and a diametric dimension, the third anchor body anchor ring being rotatably mounted on the anchor body to rotate around the diametric dimension of the third anchor body anchor ring,
- (5) a suction cup element adapted to be fixedly mounted on a wall of the swimming pool when the suction cup element is in use, the suction cup element including
  - (A) an arcuate outer surface, and
  - (B) a suction cup anchor ring fixedly and rotatably mounted on the outer surface of the suction cup element, and
  - (C) a connecting element having
    - (i) a first end,
    - (ii) a second end,
    - (iii) a first coupling element on the

first end of the connecting element, the first coupling element being adapted to be releasably coupled to the suction cup anchor ring when the connecting element is in use,

(iv) a second coupling element on the second end of connecting element, the second coupling element being adapted to be releasably coupled to the third anchor body anchor ring when the connecting element is in use, and

(v) the connecting element being formed of flexible material.

9. An exercise device for use in swimming comprising:

a) a belt unit adapted to be worn by a swimmer during in-place swimming and which includes

(1) a hip-encircling element which is adapted to be located adjacent to the swimmer's pelvis when worn, the hip-encircling element including an inner surface that is in contact with the swimmer when said belt unit is worn,

an outer surface, and a hook-and-loop material on the outer surface, and

(2) a restraining strap element which is releasably attached to the hip-encircling element when in use, the restraining strap including a proximal portion and a distal portion, and further including a hook on the distal portion; and

b) an anchor unit adapted to be fixed to a stationary element associated with a swimming pool when said anchor element is in use, said anchor element including

(1) an anchor body having a first end, a second end, a first surface and a second surface,

(2) a first anchor ring rotatably mounted on the first surface of the anchor body adjacent to the first end of the anchor body, the first anchor ring being adapted to contact a hook on a restraining strap when in use,

(3) a second anchor ring rotatably mounted on the first surface of the anchor body adjacent to the second end of the anchor body, the second anchor ring being adapted to contact a hook on a restraining strap when in use, and

(4) a third anchor ring rotatably mounted on the second surface of the anchor body between the first end of the anchor body and the second end of the anchor body.